



**BlueShield**  
of Northeastern New York

You are cordially invited to enter the world of wellness at the:

## City of Plattsburgh Employee Health Fair

**When:** Wednesday, June 9, 2010  
**Time:** 9:00 a.m. – 5:00 p.m.  
**Where:** City Recreation Center ("Old Base" Gym, 52 US Oval)

*Learn more about all the BlueShield health and wellness benefits that are available to you at discount or no charge – all designed to help you live a happy and healthier life. Many local vendors will be available to discuss their services and program related to wellness.*

### **Find one thing. Do one thing.<sup>SM</sup>**

- Spin the Wheel of Wellness
- Glucose/Cholesterol Screening
- Get a blood pressure reading
- Massage Therapy
- Local participating chiropractic services
- Learn more about overall health and wellness!

Stop by for healthy refreshments and enter to win one of many raffle prizes!

**Grand Prize: 2 Greens fees and 1 night stay in Bluff Point Cabin**

You don't have to move mountains to live a happier, healthier life. Just take one small step at a time. Find one thing. Do one thing. Good For You!<sup>SM</sup>



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**Mark your calendar for the City of Plattsburgh Employee Health Fair on June 9th!**

*Brought to you by BlueShield of Northeastern New York, First Niagara Benefits Consulting and the City of Plattsburgh.*

*For information, please call Karen Rulfs @ (518)324-5335*